



Looking after yourself

Get in shape with Valley Industries

Keeping fit is important for us all and regular exercise can deliver a huge range of physical and mental benefits, including -

- Increased stamina and muscle strength
- Improved well-being – with the release of endorphins that deliver a feel-good buzz – which improves mood and helps with anxiety and depression
- Improved coordination, agility and flexibility
- Improved social life through mixing with other exercisers in group classes
- Improved balance and spatial awareness

The Gym at Valley Skills for Life has 3 fully-qualified personal trainers delivering individual training programmes to suit every client.

There are currently 63 Participants taking part in some form of exercise programme every week.

Every new client gets a full fitness assessment and posture appraisal from Tracey Spooner, Geoff Harker or Ian Porter where they identify what their goals are – which could be to lose weight, build strength, increase flexibility or all of them!

The Gym is very well equipped and has everything needed for a well-balanced exercise programme covering Aerobic/Cardio, Resistance training and Flexibility.

Doug Rowbotham signed up for a program last August and has lost 10kg in those 7 months. Dougie says he's happy with his progress and can really feel the benefits of being in better shape.



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Matt Alley has been working with Tracey and Geoff for some weeks now, using Physiotherapy and gentle exercises to relax his muscles, build his strength and improve his balance and coordination.

If you are interested in getting fit, call **Tracey Spooner at Valley Skills on 6551 2605** to talk about the best options for you - and remember, it's never too late to start exercise!



NDIS Plan updates

Creating in the Kitchen

'Learning and improving my Cooking skills' was a popular request in NDIS Plans and the weekly Cooking Classes at Valley Industries have been very well attended.

Participants have been learning to cook a range of delicious meals and treats that they take home to their families to share.

This week, Jess made Creamy Chicken Pasta - which I can honestly say was delicious as I got to taste it!

If you would like to learn the basics or improve your cooking skills, talk to Renee or Graeme so these can be built in to your NDIS plans.



NDIS Community Inclusion events

The NDIS was designed to give choice and control to Participants and encourage greater social and recreational participation.

These recent outings arranged by Valley Industries NDIS team are a great example of how people are using their plans to increase their social inclusion.

The Royal Easter Show

Ben Green, Mitch Hoppe, Jack Shelton, Blake Gibbons, Pete Maniwell and Barry Mills all went to the Easter Show and enjoyed all the various shows and activities - particularly the show bag pavillion and the wood chop. Another highlight was the train trip home where Mitch got chatting to the sister-in-law of Dale Finucane of the Melbourne Storms. Dale then sent through a personal video message to Mitch - see it on our website!



Mitch, Barry, Ben, Pete, Blake



The Golden Slipper Races



The Race in action



Paul's winning ticket!



Dale Finucane messages Mitch!



Save the Date

Social Activities - APRIL/ MAY



Saturday 21st April

Mystery Outing

Depart VSFL 9am - return 3pm

Come and take part in our mystery trip - bring some money to buy lunch.

Names in by 10th April



Saturday 28th April

BBQ & Fishing Trip

Depart VSFL 9am - return 3pm

\$25 includes bait, lunch and drinks

Catch some fish, enjoy a BBQ and have some fun in the sun.

Bring a hat!

Names in by 13th April



Saturday 5th May

Wauchope Art Bazaar

Depart VSFL 9am - return 3pm

\$30 for entry fee & lunch

Come and browse the stalls and see the art and crafts

Names in by 20th April



Saturday 12th May

Nabiac Motorcycle Museum

Depart VSFL 9am - return 3pm

\$30 entry fee & lunch

Names in by 27th April

Lynette Rainbird	Nikki Brest
Sean Darcy	Maddison Chippett
Arthur Oakley	Casey Herbert
John Young	Tamsin Atkins
Annette Hinton	Luke Gifillan
Ashley Greenshields	Darryl Rouland
Kristy Muldoon	Karen Minett
Chris Mitchell	Jan Swift
Trevar De Jong	Dainer Jaimes
Jacob Atkins	Sheree Brawn
Pheobe Dillon	Brian Drury
Paul Blanch	Rodney Tresize
Jake Schumacher	Danielle Abbott
Cecily Marr	Tracey Lawson
Elizabeth Kempers	Elizabeth Cunningham
Brian Newman	David Isbel
Douglas Rowbotham	Kate Connolly
Zachary Young	Tara Armstrong
Joshua Quiring	Leanne Wark



Valley Industries Ltd
Helping people to help themselves

Valley Vibes

Meet the Directors

Get to know the people who sit on the VI Board

Each month we ask one of our Valley Industries Board Members to tell us a bit about themselves. We kick off with Mal Shultz.



How long have you been a Valley Board Director?

I became a Director of the Board in 2014 and was elected as Chairman in 2015.

Tell us a little about your background:

I was born in Wingham in 1946 where our family ran a general business after WW11 - where Bent on Food in Isabella St is now. Photos of our family and the original store are still displayed in the Cafe.

We moved to Taree in 1954 where my parents established a cafe/ mixed business where Raw Sugar cafe is now. My parents then opened many further businesses in Taree.

I completed my schooling at Taree High School in 1963. I initially worked with Oxley County Council before joining my father in establishing our family Real Estate company M&M Shultz Pty Ltd. (later to become and currently operated as Shultz First National) in 1967.

My wife Jan and I were married in 1970. We have a beautiful daughter, a wonderful son in law and 3 adored grandchildren.

Up until my recent retirement I was fully engaged with and committed to our Real Estate family business for 50 years.

What are your interests?

In retirement I enjoy sharing more time with my family and friends, golf, fishing and social membership of a local car club. In more recent

times Valley Industries has also become an important commitment. in my life.

What led to your involvement in Valley Industries:

Subsequent to my retirement I was approached by Valley CEO Trent Jennison and Vice Chairman Don Phillips and invited to nominate for Director of the Board of Valley Industries.

With the extra time retirement now afforded, it was indeed a privilege and honour being invited to become a member of the Board.

Like all Members of the Board, I am grateful to have the opportunity to hopefully make a worthwhile contribution to the ideals, ethics and outcomes aspired to by this wonderful organisation, Valley Industries.

Mal Shultz

Thank you for talking to us Mal!



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Helping people to help themselves

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Valley Vintage

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